



Integral Yoga[®]

The Teachings of
Sri Swami Satchidananda
July/August \$2.50

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UPCOMING EVENTS WITH SRI GURUDEV

JULY

- | | | |
|-----|-----------------------|--|
| 11 | Yogaville
VIRGINIA | Guru Poornima
Celebration |
| 24 | New York
NEW YORK | Public talk |
| 25 | Montreal
CANADA | Public talk |
| 26- | Val Morin | Guest speaker at |
| 27 | CANADA | Symposium,
sponsored
by Quebec
Sivananda Yoga
Vedanta Center
"Let's Build
Yogaville" benefit
dinner |
| 27 | Montreal
CANADA | |

AUGUST

- | | | |
|-----|-----------------------|---|
| 8 | Lynchburg
VIRGINIA | Guest speaker at
PSI Day
sponsored by
Creative Living
Institute |
| 14- | London | World Congress |
| 16 | ENGLAND | of Yoga |
| 22- | Engelburg | Integral Yoga |
| 29 | SWITZERLAND | Seminar
sponsored by
Integral Yoga
France |

30- AUGUST

- | | | |
|---|-----------------------------------|---|
| 6 | SEPTEMBER
Zinal
SWITZERLAND | European Union
of National Yoga
Federations
Annual
Conference |
|---|-----------------------------------|---|

OCTOBER

- | | | |
|----|------------------------------|--|
| 2 | New York
NEW YORK | Public Talk |
| 4 | New York
NEW YORK | St. Francis Feast
Day Celebration
Cathedral of St.
John the Divine
Public Talk |
| 15 | Richmond
VIRGINIA | |
| 16 | Washington
D.C. | Public Talk |
| 17 | Charlottesville
VIRGINIA | Charlottesville
Public Talk |
| 24 | Philadelphia
PENNSYLVANIA | Guest speaker,
Yoga Conference
sponsored by
Yoga Research
Society |

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INTEGRAL YOGA® AND YOU

INTEGRAL YOGA® Magazine is the official organ of the Integral Yoga Institutes, Teachings Centers, and Satchidananda Ashrams. These centers are vehicles by which the Integral Yoga teachings of Sri Swami Satchidananda are lived and shared. The centers offer ongoing programs in the various branches of Yoga — including Hatha, Raja, Karma, Bhakti, and Jnana Yogas — as well as instruction in yogic diet and other related topics. There are open classes, courses, teacher training programs, universal worship services, and retreats for both beginners and more advanced students. Resident programs, providing an opportunity to experience total yogic living are also possible.

A wide range of guest programs are offered at the Ashram in Buckingham, Virginia. Located at the Virginia Ashram are: the audio-video department, book publishing and distribution services; a preschool, elementary and junior high school, and the international coordination offices for all Integral Yoga Centers.

The LOTUS (Light Of Truth Universal Shrine) — a shrine dedicated to the Light of all faiths and to world peace — is open to the public and is located in Yogaville, Virginia.

For more information, to arrange for an Integral Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed inside the back cover of this Magazine. We are here to serve you.

I just had to let you know how my husband and I enjoyed the annual Yogaville Community Tea this year. It has truly become a real community event! Also one that many people all over the county (and beyond) look forward to each year. The fellowship and love was so evident as people visited, enjoyed the picture perfect and delicious refreshments. The program as well as the whole tea was so well organized. Sivananda Hall is so beautiful and well-planned.

The program was very interesting and entertaining.

Please know that this effort on the part of all the yogis there is well worth the work and time. It brings our community together like nothing else ever.

May God bless you and may He and we all be together again next year.

PC.

Buckingham,

I am changing so much from listening to your Relaxation and Affirmation and Bhagavad Gita tapes. My friend is seeing it and most of all, my therapist sees it. She can't believe how positive I am becoming. And I keep telling her that I am the body or mind and I don't need these things get me down like they used to. I tell her I don't have to get up anymore, and I don't deny what I am feeling. So she is seeing the change in me. She can't believe it, but she sees it before her eyes. I was depressed when I first started going to her, but now she sees me smiling and laughing at my problems. So I am going to bring her a tape too. She is interested in meditating and said I am the second person she knows who is getting better through medita-

Sri Gurudev

I give all the credit to you and the
s. This could not be happening if
I didn't have those tapes. They have
changed my life. I listen to them over and
over again and again.

R.A.

New York, NY

It is such a joy to be in your presence
to hear you speak in Hartford last
Friday. Thank you for coming.
I think what touched me more than
anything was your serenity. When I tried
to be serene the next day at work — amid
phone calls, doorbells and interrup-
tions — I realized that it doesn't come
"naturally" to me.

The words that helped me most were
those about re-refinement. When I can
let go of the definitions and come back
to the "I AM" I become more serene.
Thank you again for your love and
kindness and compassion.

S.J.M.

Hartford, CT

Integral Yoga Magazine

I moved out of the New York City
area and receiving the Integral Yoga
Magazine (and tapes) is very important
to me because I can no longer visit the
New York IYI on a regular basis.
I must tell you that this last issue was
amazing! Every article seemed to be
tailored to my needs at the moment.
I am in great wonder I am reading and re-
ading it.

Thank you all for this wonderful ser-
vice to those of us who cannot be close
physically to you and the Reverend
Swami Satchidananda.

P.C.

Nutley, NJ



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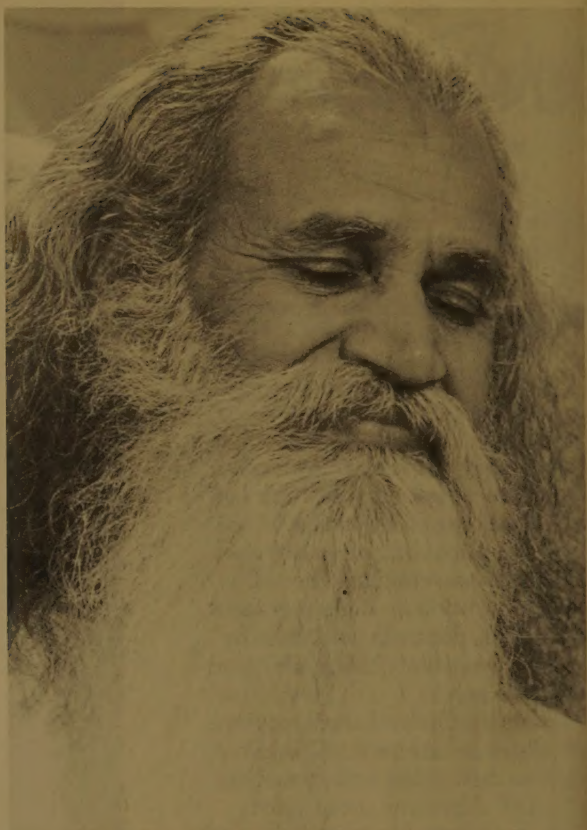
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SRI SWAMI SATCHIDANANDA
(called "Sri Gurudev" by his students) is
a master of Yoga, a world spiritual
teacher, and Guru of the students of In-
tegral Yoga. He is dedicated to the ecumen-
ical movement, his motto being: "Truth
is One, paths are many." His main resi-
dence is in Buckingham, Virginia. In re-
sponse to invitations from around the
globe, he travels widely, sharing with
people through every possible medium:
lectures, conferences, radio, television
and newspaper interviews, books, and
visits to centers around the globe in the
fields of education, religion, health and
Yoga.



The Best Comfort is Inside You

by Sri Swami Satchidananda

If you have a poor opinion about yourself certainly it will affect your heart, your mind, your personality. What you think you ultimately become. If you think that you are a negative person, you don't need any other negativity coming from anywhere else to make that true; you are making yourself negative, negating yourself.

When this happens you have to analyze it. "Are these thoughts good for

me? Is it helpful for me to have these thoughts? Is it constructive or destructive? If my thoughts are negative, what will I become?" When you realize the negative effect you won't even want to think that way anymore.

But people don't think seriously about the effect thoughts have on them. Even if you are not negative about yourself, if you have negative thoughts about others it will affect you negatively. If you hate

Somebody, you are ruining your life by your hatred. It's not only charity that begins at home. Even hatred begins at home. The people who hate others will be filled with hatred themselves. If you are angry with another person, before your anger affects that person, it will have affected you. For example, think of a gun and imagine shooting at a target. Before the bullet goes out and hits the target, it has heated up the barrel. So the gun itself got affected first. There is a backfire in a way. Likewise every thought that comes from your mind—even before it leaves the mind—can ruin you or improve you.

So at least for your own sake, if not for the sake of others, you should not develop any negative thoughts about yourself or about anybody else. Nobody who is interested in his or her own welfare—physical and mental—should invite negative thoughts.

Self-love

How does one find self-love? Love yourself. Think, "I am God's child. God has given me all these gifts. I love myself because God is functioning through me."

Even if you have some problems, still you shouldn't think that God doesn't love you. That's where we see karma at work. You must have done something before, now the result has come. "God is merciful, so He is purging my karma by having me go through this." Just as a doctor has to operate in certain cases, so God operates on us when necessary. In the case of the doctor, we at least know exactly what happened. But with karma, we have probably forgotten. Still, there must be a cause because nothing happens without a cause. So when you think of all these things, remember: "Yes, God loves me. I am the dear, dear child of God." Think of all the gifts that God has given and you will learn to love God. By loving God you will also love yourself.

Self-judgment

Question: Sri Gurudev, how do we stop self-judgment?

Sri Gurudev: Why should we stop self-judgment? You *have* to judge yourself. You need to analyze and think, "How am I doing? Am I doing right or wrong? How is my mind? Is it selfish or not?" There's nothing wrong in this kind of self-judgment or self-analysis. We need to do it.

It's better to judge yourself than to judge others. You should not judge others without first judging yourself. You have to make sure that you are a good judge. Who will be a good judge? Will it be the one who is the relative of the plaintiff or the close friend of the defendant? No, it will be the neutral person. That's why in many courts, over the head of the judge hangs the picture of justice—balance. That means a judge is a yogi, a neutral person. Such a person should judge himself or herself, "Am I neutral? Or am I leaning to this side or that side?" If you are already leaning to one side you have no right to judge anybody else because you are not on the neutral level. A balance that's not in the neutral position cannot give the correct weight. You have to bring it to zero first to get the exact weight.

Every morning you stand on a scale in the bathroom. If the pointer is not on zero, can you get the right weight? Can you judge your weight correctly? No. You have to set it to zero. In the same way, your mind should be set at zero, not leaning this way or that way. You cannot be prejudiced. That's a good judge. So you have every right to judge yourself and see if you are maintaining yourself in the neutral position. Until that time don't try to judge anybody else because your judgment will go wrong.

Feel that Presence

Question: Why do we want so much to be loved? Why aren't we content just to love others? Why do we fear rejection? Why do we crave emotional comfort? Why do we want others to care about us?

Sri Gurudev: We want these things when we still have not realized that there is Somebody in us always who is caring for us every minute, who is loving us every

minute. If you realized that you wouldn't need somebody else to love you. The more you look for somebody else to love you, the more difficult it will be to get that love.

Even rejection is a helpful thing because, ultimately, it will make you turn inward and say, "Nobody seems to be loving me. God, You are the only one to love me." If others love you, you may forget God also, saying, "God, I am happy with that person. I don't need to worry about You now." But when everything fails, you turn to God.

God really loves you, and that seems to be the very reason why He (or She) doesn't want you to go looking for love from anywhere else. He's helping you to turn totally toward Him.

If we feel that Presence in us why do we need any other comfort? The best Comforter is inside. All other kinds of comfort are temporary. They come, and they will go. Outside things and people are never going to make you always happy. It's that way so that one day you will know that there is Something inside always.

If the world could make people happy, there wouldn't be any churches, synagogues or spiritual centers. Nobody would read the holy scriptures. Why? Because the money made you happy, the friends made you happy. Why would you need anything else then? So to turn to God, all other things should make you unhappy.

I'm sorry, it's a little hard-hearted to say this. But everything must deceive you ultimately and hit you hard so that you can turn back to God. That's what will happen to a sincere seeker. That's God's Will.

God says to us, "You want to trust Me totally. If you do that, I will give you everything, all happiness. Why go run-

ning after little, little things when I can give you everything?" If God can't stop you from running after everything He allows you to go learn for yourself "Okay. Go, get hit. Then come back to Me."

Until that is felt inside, this kind of disappointment will keep on happening and the more it happens the more you should be happy. "Ah, yes, God is helping me to turn within soon."

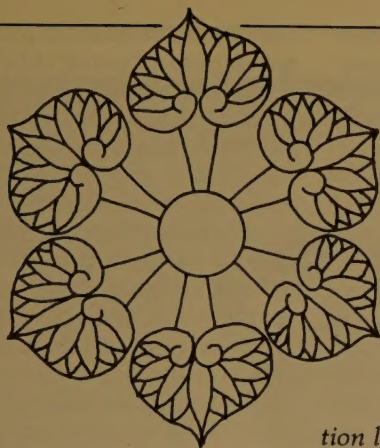
When people are not ready to realize God they will be tempted to go out searching for happiness, and they will be given piecemeal happiness here and there. When people find a lot of pleasure outside in the world, it shows that God is not in a hurry to get them. If God is in a hurry to get you, He will make you displeased with everything outside very soon. That's why in the life histories of all the saints, the minute they became conscious of God, they got into all kinds of problems, all kinds of troubles. Suffering after suffering came to them. Why? God said, "Ah, you really want Me; you should come quickly to Me. I will make everybody and everything hit you fast so that you can come to Me soon."

Imagine I have a dog that always runs away and goes into the neighbors' houses. What should I do? I can say to the neighbors, "Any time my dog comes into your house, hit him." If the neighbors do that, where will the dog go? Back to me. On the other hand if they give him nice treats and cookies, the dog will be tempted to leave my house and go there again and again.

That is exactly what has happened with God. He has told all the neighbors (the worldly things), "Hit her. Hit him. Let this child come back to me soon. Don't tempt this one with your cookies." That is the proof that God is interested in getting you all for Himself.

*This above all: to thine own self be true. And it must follow,
as the night the day, Thou canst not then be false to any man.*

- William Shakespeare



Glory of the Guru

by Mrs. R. Rasiah

A guru is one who has attained God—the Cosmic Consciousness. He or she is the spiritual beacon light whose vision is all-comprehensive. A guru has double consciousness of being one with God and also of this world. The prophets and teachers of all religious faiths are Gurus.

We learn—from their lives, the sufferings they endured, and the sacrifices they made—to elevate humanity and show them the path to communion with God.

"There are as many paths as there are views, with unity in the basics of all religions," said Ramakrishna Paramahansa. "Truth is One, paths are many. All paths lead to the same goal," teaches our Gurudev Sri Swami Satchidanandaji.

In his Guru Poornima message to his Sri Lankan devotees in June of 1967, Sri Gurudev said:

"Each human being is potentially God. Godliness in humanity is not manifested because of the veil of the mind with all its different sections such as ego, intellect and instinct. You could arrive at an equa-

tion like, man minus mind is God, and God plus mind is man. Therefore the human is an illusory mixture of God and man.

"All the spiritual paths guide the seeker in how to get rid of this veil. Once your mind accepts a spiritual master then surrender your entire life into his hands. Let your guru's will be your will. Whenever your guru finds your will based on ego raising its head, he will treat it properly and gently elevate you into a state wherein you can enjoy the Supreme Peace and Bliss of the Divine within."

Therefore, at this time of holy Guru Poornima, and the first year's anniversary month of the LOTUS dedication, let us pay homage to all the prophets of all the different faiths and rededicate ourselves to our own guru, honor him and obtain his grace.

May he bless our community to serve one another in a spirit of absolute surrender to God, find harmony in variety and lead a life full of love and universal brotherhood.

May he bless the children to love and revere the elders, have a clear sense of understanding the true values of life and grow up into model youths—the future Divine Light bearers of Yogaville!

May he bless Yogaville to enjoy Peace, Love and Light at all times. And may the devotees' blissful peals of laughter ring out the message of Peace and Harmony to all humankind.



***Transcending
the Tricks of the Mind***

by Sri Swami Sivananda

The path of the spiritual aspirant verily lies through a bewildering jungle of difficulties and dilemmas, of problems and paradoxes. One of such vexing paradoxes is that your mind is both your best friend as well as your bitter enemy. The mind becomes a true friend only after gradually trained to be so. It begins to be really helpful after the aspirant has progressed sufficiently in spiritual *sadhana* (spiritual practice). Until then it should be regarded as a troublesome and treacherous enemy inside us. It is extremely diplomatic, cunning and crooked. It is an arch-deceiver. One of the master-strokes of the mind's artfulness is to make the aspirant feel and smugly imagine that he knows his mind perfectly well and cannot be led away by it, and at the same time to delude him totally. The mind has the knack of making the unwary aspirant confidently think himself its master while it makes a hopeless fool of him. Its deceptions are subtle.

You have heard the saying: "The devil can quote the scriptures" for its purpose. Similarly the mind can use a virtue to indulge in a vice. It has an inborn inclination to perversion. It can even take the support of a perfectly good principle seemingly to justify the most unprincipled sort of action. Unless it is scrutinized dispassionately, its tricks are never fully discovered. Certain of the perversions usually noticeable are described here. This will be valuable to sincere aspirants who are eager to study their minds and eliminate defects and shortcomings. These are extremely useful tips, especially in the working field, for aspirants engaged in active service in the midst of other people.

To Hiss or Not to Hiss?

There is the advice which says, "You may hiss but not bite." This safe counsel was given to a fabulous snake which, in too extreme excess of piety, became so totally docile and harmless that it got severely manhandled by a set of mischievous urchins. It was given as an

example to over-timid householders and people struggling in the very midst of the harsh realities of competitive worldly life. Here an overdose of a certain kind of humility might well make life impossible amidst the devilish elements abounding in the world. Therefore just an outward show of pugnacity may be countenanced in so far as this does not affect your basic goodness and brotherhood. But this policy is not for the spiritual aspirant in the path of right speech and renunciation. Definitely not. Let aspirants take heed of these words. The *sadhaka* (spiritual aspirant) is neither to "bite" nor is he to "hiss" even. This hissing business will soon become a part of your nature, and you will find yourself hissing for everything, at everyone, in and out of season. This hiss will include every variety of rudeness, ranging from hot argument, sharp retort, curt reply to angry gnarling, shouting and abuse. Short of physical violence and fight, every type of verbal brutality will be put into the "hissing" category. This will ultimately lead to spiritual downfall. The mind is ever waiting to take advantage of even the least concession shown to it. Its natural tendency is to go downward. Therefore do not bite or hiss. Be humble, be sweet, polite and courteous. If you wish to hiss then hiss at your own mind. Thrash the ego. Watch the mind!

Pure Practice or Sheer Stubbornness?

Another victim to perversion is the piece of advice: "Be resolute. Stick to your principles. Never budge an inch." The best possible advice to a sincere spiritual seeker. But unfortunately this is often made the basis for the worst possible trait: obstinacy. This is a *tamasic* (indolent) trait. But the mind will make believe that you are manifesting spiritual strength or a divine determination. This is its work, to make one cling tightly to one's ego. Hence this deception. But the careful aspirant must discern the difference between pure practice and sheer stubbornness. Spiritual strength is not a

cheap commodity to be got without a great deal of earnest struggle, discipline and will-culture. Determined adherence is advocated in respect to truly high and noble principles and not to self-conceited notions. By all means stick to spiritual disciplines, but avoid becoming obdurate in nature. Do not be deceived. Watch your mind!

Speaking the Truth

"Speak the truth always. Be frank." Thus is the teaching. This means, when you are required to talk, then talk only the truth. It does not at all mean that you must go about telling everyone to his or her face what exactly you think of that person. This is unwarranted behavior. Under the garb of frankness, to give free expression of opinions without caring for other peoples' feelings is not *Arjava*, (frankness, or straightforwardness). At the least it is thoughtlessness; at its height it is sheer brutality. It does not bespeak well of an aspirant. The same teacher who tells you, "Speak the truth; be frank" also tells you to have limited speaking and sweet speaking. The mind can even make you utilize frankness in order to express mild insult. An unpleasant truth is better left unsaid. If it becomes absolutely necessary and unavoidable, then say it sweetly and with humility. Not to hurt and wound others' feelings is as important as speaking truth. *Satya* (truthfulness) and *Ahimsa* (non-injury) must go together. Study thyself and watch the mind!

Safeguard Dispassion

Then there is the truism: "*Vairagya* (dispassion) is really a mental state, mental detachment." The mind takes hold of this definition to justify a heedless sensual life without self-restraint or principle. The argument always will be, "Oh, I am not attached to all this. I can rise above it. Mentally I am detached." Contact with sense objects has toppled even ascetics like Vishvamitra. Therefore, do not take *Vairagya* lightly. Cultivate it diligently. Safeguard your *Vairagya*

carefully. The caution not to go to extremes in *tapasya* (austerity) also meets with a like fate. Man's normal nature is sensuous. The mind wants comforts and hates austerity. The indiscriminating aspirant conveniently ignores the qualifying adjective "extremes" in the advice quoted above and views all *tapasya* with disfavor. The result is to degenerate into luxury, lose even the minimum of endurance and become a slave to a hundred wants. The warning is against foolish extremes, but to a spiritual seeker, in the early stages, a certain degree of austerity is essential for development. The mind will suggest so many justifications. It will bring the *Bhagavad Gita* to its side and show that the Lord, in a way, condemned *tapasya*. O aspirant, the Lord condemned "*tamasic tapas*." He recommended *sattvic* (pure or balanced) austerity of body, speech and mind. Reflect carefully, and always watch the mind!

Essentials and Non-essentials

"Take care of essentials. Do not pay too much attention to non-essentials." The above, too, serves as a handle for the mind to deceive the aspirant. If you follow this advice, first try to understand what is essential. The idle nature of human beings is to loathe following any sort of rule and set lines of right conduct. Therefore everything is dismissed at a stroke as non-essential. Then what remains? God only can say. The only "essential" would seem to be to do what the mind likes. The *sadhaka* must think what a spiritual instruction really means and why it is given. Moreover, "essentials" and "non-essentials" vary according to the stage of development of the aspirant. What may be unnecessary to an aspirant at a later stage may well be essential to him or her now. Do not throw away precious grain with the chaff.

A Prop for the Ego

Finally, the most dangerous deception played by the mind is in connection with

sadhana itself. The very sadhana that is adopted by the aspirant to transfigure and divine his or her life is converted into a prop and a field for the play of ego and sense. It is very difficult to break out of this ensnaring net without great earnestness and sincere endeavor. It is this vitiation of spiritual practice that keeps the *sadhaka* "stuck" as it were on the path, arresting progress years together.

For example, a youthful aspirant with sweet voice and musical talent naturally takes to *kirtan* and *bhajan* (chanting) as his *sadhana*. Art always attracts admirers. He is in demand at all auspicious functions. He gets popular amidst satsang goers. The subtle mind now spreads the net. The *kirtan* becomes sweeter day by day. New songs and tunes are added to his musical repertory. Without his being aware, the *kirtan* has become a means to attract others to himself and to maintain his popularity. Thus the *sadhana* becomes double-purposed—primarily for vision of the Lord, and side-by-side

walks upon the razor edge of spiritual life. The mind is a devil. Through the very intimacy of contacts in the field of service, pleasure centers can be created and sensuousness can get scope in this service *sadhana*. Vanity and desire can get catered to although the aspirant appears to take keen interest in the desireless service. But the ruthless search of the mind may reveal that the keenness and interest in the Karma-Yoga service is as much for the sense-indulgence to be had in the service as for the service itself. This is the way the mind destroys *sadhana*.

Tricks are Subtle

All the above perversions of noble teachings arise out of the mischief of the unregenerated mind. In a trice, delusion can spring upon you and overpower you as the tiger does its prey. Therefore, watch the mind!

The most extraordinary part of all this is that the mind will not allow you to take

**In a trice, delusion can spring upon you and
overpower you as the tiger does its prey.
Therefore, watch the mind!**

for worldly attraction. The result is the extra-ordinary phenomenon of the *sadhaka* caught in his *sadhana*, the quality of *sadhana* leads to bondage instead of liberation. Maya is wonderful, indescribable, and Her ways are mysterious and inscrutable.

Vigilance in Service

Serving and helping others for no return is something unheard of in the purely practical world. Naturally the nonattached votary of service is regarded as an exceptional being. All doors are open to such a person. Many bring their troubles to him or her, open their hearts and freely confide even intimate problems. They, of course, take for granted that the spiritual aspirant is perfectly pure in every respect. Here the *sadhaka*

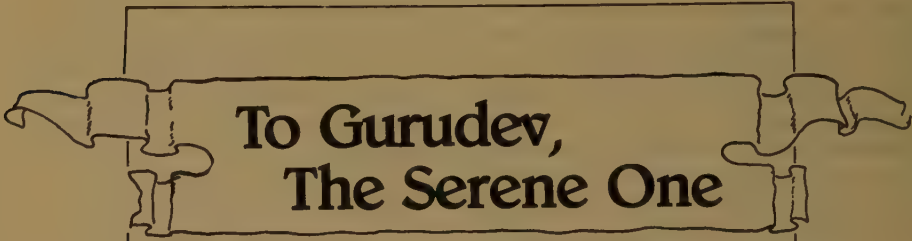
the above lessons seriously. It will say, "Oh, you are all right. This is not meant for you. Do not mind all these precautions. Carry on as you are." O aspirant, do not listen to this advice of the mind. Do not cooperate with the roguish mind. Take the lessons to heart.

To know where exactly one stands on the path is very difficult. The tricks of the mind are most subtle. Only constant reflection will keep one alert and sage. Deep introspection alone can reveal a little of the mysterious workings of the mind. Probe and probe into the mind. Do not be lenient with it. The mind will try to compromise with you. Relentlessly hunt out its hidden motives. Subject yourself to keen self analysis, serious and earnest self-searching. Carry on a ceaseless search and a vigorous enquiry in-

wardly. Put your mind on the dissecting table of introspection. Pray for the grace of the Guru, who alone can vanquish the mind and enable you to master it. Pray to the All-Merciful Lord to illumine your intellect with the light of knowledge. Watch the mind. Watch and pray. Thus

alone, through introspection, analysis, discrimination, vigilance and prayer can you understand the subtle jugglery of this wonderful thing called "mind" and transcend its deceptions and tricks.

from Divine Life



To Gurudev, The Serene One

by Joan Metzner, M.M.

In this world
of frantic pace
-aimless race-
walks a being
serenely paced
with peaceful face
and heart
attentive to
each moment's blessing
each person's space.

O rushing world,
why the fever,
why the haste
to consume and chase
passing goals
perishable gods.

Pause and "waste"
a moment
tasting
the blissful Spirit
of your beloved
Pace-maker.



LOTUS—One Year Later

by Vivekan Flint

It has been one year since the grand opening of the LOTUS, and along with the visitors, meditators and pilgrims walking about the grounds on any given day, one sees many who are working, adding the final touches to the building and site. Just as Sri Gurudev's vision of unity and harmony is boundless, so seems to be the wonderful karma yoga of maintaining the physical manifestation of that vision! Gardens need to be tended, pools cleaned and displays updated. Such "routine" tasks occupy a great deal of time year-round, but they are hardly mundane, since serving at the LOTUS is such a rare opportunity and a great blessing.

The visitor returning to the LOTUS after one year notices many differences; the first, noticeable along LOTUS Avenue, the road leading to the Shrine. The median strip and shoulders of the road have been cleared and reseeded, giving a serene, parklike quality to the approach to the Shrine and offering many spec-

tacular views as well.

Landscaping is one of the biggest ongoing projects at the LOTUS. That's not surprising considering how extensive the grounds are. Four thousand annuals and perennials are being planted at the LOTUS this year, on the berms, along the walkways and elsewhere. A rose garden is planned to greet visitors at the All Faiths Hall, and trees have been planted on the lawns flanking the LOTUS. In time they will offer refreshing shade on sunny summer days.

The pavilion perched upon the hill opposite the LOTUS has been finished, and the area will soon be terraced and planted with beautiful azaleas. A walkway will allow visitors to climb to the pavilion to enjoy the superlative view of the entire Shrine area. The pavilion itself will eventually be the site of a life-size statue of Sri Gurudev which is now being made in India.

The Grand Archway at the head of the reflecting pools has been modified some-

what with the addition of a clerestory set atop a fourteen-inch-high continuation of the arch below. The resulting structure is about three feet higher to the top of the spire and more finely proportioned than before.

To the left of the Grand Archway, the west reception building is being readied to house a series of panels displaying the history of LOTUS and describing its purpose. The east reception building's unusual cactus garden, which never fails to fascinate visitors, is being expanded into the west building as well.

The All Faiths Hall will soon see the installation of a new sculpture by Madhuri Honeyman depicting the unity in the diversity of God's creation. Six figures, each representing a different race, dance in a circle around a globe of the earth. All are holding hands, except for two, who invite the viewer to join the circle. The face of each expresses a different relationship with the divine — one an inward meditative mood, one a state of exaltation, one looking at another and seeing divinity there. The piece is done in a

translucent medium illuminated by a single light in the globe, symbolic of the divine light that is the source of all creation. Locations held sacred by the various faiths are highlighted on the globe itself. The entire sculpture will rotate slowly on a base of red oak, which matches the top of the meditation chamber upon which it rests.

Upstairs, a glass door has been installed in the hallway at the front entrance to the Shrine to dampen any sound rising from below and to further enhance the peaceful silence there. A similar door will be placed at the opposite side of the Shrine in order to protect the teak door from the elements.

So, the LOTUS will never really be "finished." But it has a deep well of peace and serenity that can never be altered or improved, increased or diminished. A great deal of attention is necessary to maintain and enhance the physical beauty that we all appreciate so much, but it is the stillness that brings us back again and again.



The beautiful sculpture by Madhuri Honeyman will soon be ready for installation in the All Faiths Hall.

Visiting LOTUS

—by the Reverend Subhadra Jyothi—

Floating gracefully on the banks of the LOTUS Lake, the Light of Truth Universal Shrine shines like a beacon of peace and hope for visitors coming from near and far. Since the grand dedication on 20 July 1986 several thousand guests have walked under the Grand Archway and along the reflecting pools, taking in the perfection and loveliness of the unique structure before them. Some of the visitors have anticipated this moment for many years as they have worked untiringly for the manifestation of Sri Gurudev's vision — a permanent place where people of all faiths can come and worship under one roof without denying their own beliefs. Others arrive almost providentially, having seen the LOTUS sign while out for a Sunday drive or vacation excursion. One pair spotted the Shrine while canoeing down the river on a warm spring morning. Although they had read about LOTUS in the news-

paper, they said, "We never expected to see this on the banks of the James. This will be the highlight of our trip!"

As manager at the LOTUS reception office and giftshop, it is my special privilege to welcome all these honored guests to the LOTUS. Each day I wonder what new adventures God will bring me. Will it be a group of senior citizens from Charlottesville, the Homemakers' Extension Club from Farmville, a class of Baptist missionary students from Richmond? Will it be some distinguished visitors from India, Hong Kong or Texas? Or perhaps families emerging from campers or motorcycles?

I feel that each person who arrives at the Shrine is brought by God for a very special blessing. Many newcomers express their gratitude for finally having discovered a place that embodies their own personal view of religious unity. Some will stay and visit for hours, shar-



Reverend Subhadra Jyothi graciously greets visitors to the LOTUS.

ing their thoughts and feelings about the oneness of our earth's family and their experience of God's love and guidance. Others speak of feeling confused and often alone in their quest for deeper spiritual meaning and expression in their lives; they seem to appreciate a listener who understands, as well as a place to experience healing and slaking of their spiritual thirst.

Still others come who have questions and doubts about the purpose of LOTUS. Some are initially concerned that in some way it will threaten their own faith and beliefs about God. Almost miraculously, each one is reassured and fulfilled in a unique way by their visit to LOTUS. A visitor from Hong Kong said, "I am overwhelmed with peace and joy!" From Jerusalem, "Beautiful idea and manifestation." And from India, "We feel as if we are in heaven." A senior citizen from Virginia Beach told me the Shrine "makes you feel closer to God than anywhere..."

Visitors come from everywhere! Not only are the innumerable small towns of Virginia represented by our visitors, but also most of the fifty states. We have had many visitors from abroad, from Europe, Vietnam, Cambodia, Australia, Japan, India, Nepal, Sri Lanka, China and elsewhere.

All ages, as well as all nationalities, enjoy the LOTUS. One of our Yogaville infants, Deepa, begins to sing and "talk" as soon as her parents take her into the Shrine. The Vidyalayam pre-schoolers visit once a week to sit quietly in the Shrine and then enjoy a snack on the lawns outside or draw pictures of the LOTUS to offer to Sri Gurudev. The elementary school children walk down on Friday afternoons; they observe silence upon entering the gates and reverently remove their shoes outside the reception office before going into the Shrine to meditate. The Vidyalayam junior high students meditate for a half-hour each morning and then offer their energetic service by helping with the daily cleaning of the Shrine or by pulling weeds from the berms covering the reception

buildings.

It is always enjoyable to have our neighbors from the surrounding communities come to visit LOTUS, bringing with them out-of-town relatives and friends. Each spring we present a community tea and program in honor of the many friends who have made all of us at Yogaville feel so welcome. Almost 500 guests attended the tea and visited the LOTUS this May. One guest from nearby Buckingham Court House recollected, "My grandfather raised watermelons on this spot." Another former resident from Maryland wrote, "I used to farm this property where the lake is. We raised sugar cane . . . and hauled many loads of corn and hay here . . . in the 1940s and 50s."

Needless to say, these and other visitors are stunned by the unique design and beauty of the LOTUS. They often question how we chose this spot in the middle of rural Buckingham County! They are interested to hear that in searching for a site with a milder climate than that of Connecticut, where the Ashram was then located, Sri Gurudev felt a real affinity for the James River region. While flying over the area with a realtor, Gurudev asked if there was any property along the river for sale, and the broker replied that the large piece of land below was going on the market the following week. The plane landed on a cleared strip, Sri Gurudev looked at the property, the owner was contacted and the sale was completed before the property ever reached the market!

Another question often asked by visitors is how the money was raised to build the LOTUS. It is always inspiring to tell them that every cent was donated — by thousands of people around the world, each sending whatever they could afford.

Other often-asked questions concern Sri Gurudev and the religious beliefs of the ashramites. They are often surprised to hear that, although we have come together to practice the yogic teachings, we do not have to give up the religious traditions in which we were raised and often



The LOTUS lovingly welcomes people of all faiths, from all places.

come to experience a deeper level of understanding of those traditions than before. And through our ecumenical service and celebrations of holy days of many faiths, we have the opportunity to learn about the traditions of all the faiths.

Their curiosity satisfied and their souls refreshed by the powerful vibration of peace and love within the LOTUS, our visitors often return to the Shrine repeatedly, either to share the beauty and inspiration with relatives and friends, or to sit alone in silent meditation. One such person, who had come a great distance to see the LOTUS, wrote in the guest book upon leaving, "I'll find a way to come back."

Here is a sample of the hundreds of other beautiful comments visitors have written in the LOTUS guest book: "Such a wonderful tribute to God." "A place I hope to carry with me." "Beauty like I have never seen before." "Wonderful, radiant, sacred." "[The LOTUS is] an important light in God's plan." "Exquisite. May your light go forth." "Such perfect peace." "It is fantastic. I hope all religions respect each other and there is world peace." "What an incredible gift of love and worship." "Thank you. The earth needs more places like this." "I am overcome by the Light of Peace." "This is a beauty beyond all words."

A rock pile ceases to be a rock pile the moment a single man contemplates it, bearing within him the image of a cathedral.

- Antoine de Saint-Exupery

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Tender Loving Care at Yogaville

by Michael Lerner, Ph.D.

Sri Swami Satchidananda has long envisioned a residential health center as an integral part of the growing Yogaville community. He intended that it would offer both preventive and restorative health programs using yoga and other natural approaches to healing. And he has set aside the large house at the "overlook," which offers one of the most beautiful views of the LOTUS and the land around it, for this purpose.

The Lotus Center for Health (TLC Health also stands for Tender Loving Care/Health) has been organized as a Virginia not-for-profit corporation to fulfill these goals. The members of our board of directors are: Prabha Holly Hoffman, Chairman; Swami Nischalananda Ma, Swami Shankarananda, and myself.

Over the past year, TLC/Health has offered two week-long health promotion programs at Yogaville for cancer patients and their families. Both programs were great successes. We have also completed the first major phase of the renovation of The Lotus Center for Health Main Building at the Overlook. The next major phase will be completed this fall.

With significant support from anonymous donors, TLC/Health presently has sufficient support to complete the basic renovation of its headquarters at the "overlook" and to support the core operating costs of developing programs for the next three years.

The next capital goal will be to design and construct a natural healing pool and baths complex.

Our program development plan has three parts:

First, we will develop an ongoing series of week-long residential intensive health

promotion programs, gradually increasing the number each year. This past year, as I said, we offered two Cancer Help Programs. Next year we intend to offer at least four week-long retreats, including two Cancer Help Programs, a program for heart patients with Dean Ornish, M.D., and Sandra McLanahan, M.D., and one additional open program for people with other health problems and for health professionals and others interested in learning more about yoga-based intensive residential health promotion programs.

Second, we are presently offering opportunities for individuals or small groups to come to TLC/Health for individualized health retreats. We offer opportunities for individualized yoga instruction, massage, cooking classes, and counseling on the development of healthier lifestyles. These retreats utilize some of the superb talents in the Yogaville community for professional health support and health education. Participants on individual retreats can also consult with Sandra McLanahan, M.D., Director of Integral Health Services, and other licensed health practitioners on the site.

Third, we are interested in identifying the community of people who want to be involved with and supportive of the development of TLC/Health. We want to know about people with the special skills to lead residential health retreats. We want to know about people with the skills to serve on staff as yoga teachers experienced in work with the sick or physically limited, excellent vegetarian cooks or cooking assistants, masseurs, karma yogis and in other roles. We want to know about health professionals and others with an interest in The Lotus Center for Health who would like to take training programs in developing the special skills required to offer yoga-based

health promotion programs. We want to know about health professionals who would like to spread the word to their patients and clients about TLC/Health programs — a very vital support service. We want to know about people who are very interested in supporting what TLC/Health is doing and who would like to be on our mailing list.

Let me describe what the two Cancer Help Programs we offered in October 1986 and May 1987 were like. They are called Commonweal Cancer Help Program retreats. They are stress reduction, health education and group support programs for people with cancer and members of their families or close friends. They are based in a framework of Integral Yoga — the same framework used for Integral Yoga retreats, modified to the special needs of people with cancer. Within this framework, we teach stress reduction, visualization and imagery, meditation, and gentle stretching and breathing practices. We also provide an extensive opportunity for participants to explore options that they may consider and discuss with their physicians in both established and complementary cancer therapies.

I have studied complementary cancer therapies in Europe and North America for over five years, visiting thirty different centers and talking with several hundred physicians and over a thousand patients. I have written and talked about this work for health professionals and lay audiences across the United States and Europe. This research into how exceptional cancer patients make wise choices in integrating the best of established and complementary cancer therapies led me, two years ago, to start the Commonweal Cancer Help Program with Swami Nischalananda Ma, Naomi Remen, M.D., and Virginia Veach, Ph.D., — three exceptionally talented retreat leaders who co-direct the ongoing series of these retreats with me.

The Commonweal Cancer Help Program started at Commonweal, a health center near San Francisco, and now has

come back to the source, offering this Integral Yoga based program at The Lotus Center for Health twice a year. It is very parallel to the Integral Yoga based heart disease program pioneered by Dean Ornish, M.D., Shirley Brown, M.D., and Sandra McLanahan, M.D., that has achieved national recognition and has led to one of the most exciting and important heart disease research programs being conducted in the United States today.

The experience of participants in the Commonweal Cancer Help Program has, to date, been uniformly positive. One eminent pediatrician who came as a participant wrote: "I learned how to rearrange my lifestyle, change diet patterns, and begin to focus on my inner self in new ways. The experience was more than educational. It was a deeply moving awakening. A new sense of kinship with other people developed, inspiring a realistic hope and faith."

Similarly, a professor of public health and the former director of a major state department of health wrote: "I went to the retreat as something of a skeptical observer, but by midweek I was a very involved participant. I can say without equivocation that the week I spent in the Commonweal Cancer Help Program was one of the most caring experiences I ever had. Michael and his staff have put together a program which demonstrates the epitome of the art of caring for people."

So this is the place that we are starting our program development at The Lotus Center for Health — by offering a proven Integral Yoga-based Cancer Help Program twice a year. Future program development is an open and exciting question. We have also experimented at Commonweal with the use of Integral Yoga-based health promotion programs for other health problems. There is a sizeable behavioral research literature that indicates that these programs are in principle potentially helpful for a very wide range of chronic disorders including arthritis, asthma, diabetes, hypertension, digestive disorders and a wide range of other stress-related conditions. They are

not a "cure" for any of these conditions. Rather, they support the development of conditions under which inner resources for healing may be mobilized, to different degrees with different people, depending on the circumstances and the conditions.

What we are undertaking at The Lotus Center for Health is the development of intensive residential yoga-based health promotion programs for a variety of health conditions, starting with an established program, the Commonweal Cancer Help Program, and building gradually from that point.

If you want to know what you can do most directly to help The Lotus Center for Health there are a number of very concrete possibilities. The first is simply to pray for our work and for the success of the health center that so many Yogaville residents have visualized here. The support from Yogaville residents for

TLC/Health has been really wonderful. Your good wishes have, I believe, a most powerful effect.

For more information about The Lotus Center for Health, or to contribute skills, ideas or resources, you can call our Executive Director Vivekan Flint at (804) 969-3300, or write to him at The Lotus Center for Health, Route 1, Box 172-A, Buckingham, Virginia 23921.

Thank you for your interest.

The next Commonweal Cancer Help Program at The Lotus Center for Health will be November 7-13.

In August, 1986, the Association for Humanistic Psychology awarded the Gertrude Enelow Foundation Award for Excellence in Humanistic Medicine to Michael Lerner, Ph.D., and Naomi Remen, M.D., for the development of the Commonweal Cancer Help Program.

The World as LOTUS ***by Gita Wenzel,*** ***age 15***



As he looks at the Shrine from his abode on the hill, he quietly whispers, "If only the world could be like that LOTUS."

Hands and hearts from all across the world helped put this Shrine together for each other. If we could put the world together wholeheartedly and without selfishness, there would be world peace.

If only everything could be like that Shrine — so peaceful and calm, serene, enchanting, inspiring. All who enter have no choice but to feel love and peace within. If his dream of a *symbol* of world peace came true, our faith can be set in his dream of peace within the world. But let it not only be his dream, let us all work to fulfill it, for it is the dream of everyone's heart. It is the Self longing to be unveiled to become a reality.

As he looks at the Shrine from his abode on the hill, he quietly whispers, "The world is like that LOTUS, if our heart wishes it so."

Health Blossoms at the Lotus Center

—by Vivekan Flint

The Lotus Center for Health at Satchidananda Ashram—Yoga-ville opened its doors to its first group of retreat participants on the 11th of May.

The seven men and women who arrived were here to take part in the Commonwealth Cancer Help Program—a week-long retreat designed to inform cancer patients about options available in both newly established and traditional therapies so that they might make informed choices in partnership with their physicians. An important component of these programs is the use of various practices such as hatha yoga, meditation and deep relaxation to reduce the stress connected with the experience of cancer, stress which inhibits the process of healing. Visualization is employed to mobilize the body's healing powers. And the camaraderie which typically develops among retreatants is particularly important here, since many cancer patients feel very alone in a situation that few people can really comprehend.

Michael Lerner, president of the Commonwealth Health Center in California where the program was developed, conducted sessions based upon his extensive research into available cancer therapies and his travels around the world to various cancer treatment centers. Swami Nischalananda Ma also played a central role in the program, offering hatha yoga classes, visualization and deep relaxation sessions. She also gave talks in which she described a perspective on life from which disease can be accepted as a teach-

er, a teacher which can show the way to a more healthful lifestyle and attitude. And Shraddha Boyd not only prepared and served delicious and nutritious meals; she provided the group with guidelines to assist them in reproducing the often unfamiliar fare at home.

The high point in the week was a visit by Sri Gurudev during which he exhorted the participants not to give up. One woman asked how she could continue to fight after battling cancer for six years, making progress and then having it flare up again repeatedly. In response Gurudev spoke about the term "victorious withdrawal" that the British coined during World War II—falling back and then fighting again with renewed vigor. "It is completely in our hands," he said. "We created the problem; that means we are the masters. If we can do something, we can undo it also . . . Nothing is beyond our control."

Gurudev explained cancer as resulting from a loss of vital energy or prana. He advised individuals to examine why their energy became depleted, stop the cause and then build up the energy again. This, he said, is yoga. Gurudev pointed out that diet is of special importance; not just what goes into the mouth, but also into the eyes, ears, nose and mind. He particularly recommended pranayama and chanting for rebuilding the vital energy and healing the body. He also emphasized that laughter is a powerful tonic. "Laugh!" he said. "That is the best remedy. Don't be depressed; that itself takes away a lot of your prana. Just do your job. You can do it!" Even those who were not previously familiar with Sri Gurudev and the yogic teachings were impressed with his down-to-earth philosophy and found his sense of humor irresistible. He concluded by leading the group in a "Hari OM" chant, which he prefaced with a few words on its great benefits.

It was quite a remarkable group who initiated the Lotus Center. Though the Cancer Help Program has been offered twelve times in California, the first Lotus Center presentation was anything but routine. Each of the participants contributed something of that made the week unique and unforgettable. One of the seven had been dealing with her cancer for six years; one had just discovered hers. One was in remission; most weren't. Some participants were old enough to be others' parents. But all were united by a common experience and all had the courage and wisdom to take an active role in the course of their treatment. They all exhibited a zest for life that was truly inspiring. While fear and helplessness can be part of the process of dealing with disease, so can appreciation for each moment God grants us.

Long walks were common, as retreatants explored the beauty of the Ashram's surroundings. The healing energy present at the LOTUS made it a favorite

destination for walks during free time, in addition to the two scheduled group visits. All agreed that the nighttime LOTUS visit was particularly beautiful as the lights and fountain rendered the Shrine an ethereal apparition floating in the Virginia night. Afterward, one retreatant, obviously feeling energized by the experience, swooped up several others and began a walk back to the health center that turned into a magical journey into the soul of the night. It provided the opportunity for them to walk through utter darkness and emerge safe and sound, their paths illuminated only by the love and courage in their hearts.

The week over, the participants left to go back to their lives in New York and Michigan, Washington and nearby Lynchburg. But they left something behind when they departed, a little bit of themselves that we will fondly remember. And they took something extra, too, our love and gratefulness for the lessons they taught us.

Inner Peace

I love the sound of rain on the roof
when nobody's home
and the house is quiet.

Out the window the trees are still
and the fog swirls about their branches.
It's chilly; cold enough for sweaters
and socks, but not the stove.

The rain is steady and peaceful
so simple and consistent—
I hope it doesn't take me forever
to be as simple as the rain.

by Prabha Hoffman



DAY BY DAY WITH SRI GURUDEV



Los Angeles: Walking Yogavilles

On Friday, 17 April, at 11:00 a.m., Sri Gurudev arrived at Los Angeles International Airport. He greeted the small throng of devotees who had come to meet him, giving special attention to the babies and small children. Little Tyagan and Deva Alexander offered him a little tin of raspberry candies from their own private candy stash. And in harmony with the spirit of offering everything to Gurudev, little Shakti Howeth even offered him her baby bottle! He received it with profuse thanks and kept it for a few moments before gently giving it back to her.

Grownups offered him flowers, which he kindly received and then handed to Swami Premananda Ma. Devaki Angel Carbone and Surya Gilman offered a garland to Gurudev; then he passed out some candies which had been offered to him.

Sri Gurudev was wearing a long gray coat and his face was framed by a silvery halo of hair. He was very soft-spoken after the long flight from Washington, D.C. Soon he stepped into the waiting car of Alan Briesse, who was providing his transportation. As the car glided off, Gurudev's hand waved in benediction out of the window.

On Saturday evening, he came to the Sheraton Hotel in Redondo Beach to give a satsang. The satsang was coordinated by Nirmala Heriza. Before the program, he had a brief private consultation with Louise Hay, who is active in assisting AIDS patients.

Musical entertainment before the satsang was provided by singers and guitarists Nirmala Heriza, Buffy Stewart, John Stewart and Meera Alexander. When Sri

Gurudev stepped on stage and took his seat, Janaki Stallions presented him with a beautiful flower garland.

Gurudev had been asked to speak on the topic "World Peace Begins with You." He mentioned that some of those with the strongest interests in continuing wars were the large corporations that make money by selling arms. On a personal level, he spoke of all religious practices as different soaps to clean the mind of its impurities. He also spoke of the LOTUS and said that its atmosphere encouraged healing. He responded to a question about why God allows suffering, saying that we need to have faith that ultimately all is for our benefit.

The following evening, on Easter Sunday, he came to a dinner which was held at the Royal Khyber, an Indian restaurant in Newport Beach. The dinner was coordinated by Sumitra Taylor; Reverend Rishi Schweig from San Francisco served as emcee for the evening. Sri Gurudev led everyone in the meal prayer, and, after appetizers were served, he walked from table to table, speaking to people and sometimes giving them hugs.

After the meal, Swami Premananda Ma gave an enthusiastic talk about new developments in Yogaville.

Janaki Rasiah gave a beautiful performance of Bharata Natyam dance, her first such performance in the United States. The performance rang with the rhythmic jingling of her ankle bells and the swirling of her bright costume.

Sri Gurudev was asked to say a few words. Among other things, he said that if people lead dedicated lives, living selflessly for the sake of others, then they



Louise Hay and Sri Gurudev had the opportunity to meet in Los Angeles.

can be "walking Yogavilles," wherever they are.

All too soon, the evening was over. After Gurudev left, the candles on the tables continued to burn, as if they were still trying to persuade him to stay a little longer.

Goodbyes are hard. At the airport on Tuesday, Gurudev played for a few moments with a little toy given to him by Devaki. It had a wheel that spun around emitting sparks. Gurudev joked about the toy being hypnotizing, saying that "once you all were 'hippy-notized,' but now you're just hypnotized, hmm?" He passed around some prasad candies and spoke with people briefly before going up to the gate for departure, where more devotees were waiting to greet him with offerings of fruit, nuts and halvah. His time at the airport was brief since he had to board a plane for his next destination in Hawaii. But even a glimpse of him is a glimpse of Divine Peace and Love. OM Shanthi, Shanthi, Shanthi.

-Prema Gorshow

Hawaii: Like Flowers in a Lei

On Thursday, 23 April, Sri Gurudev flew to the Big Island of Hawaii for the Integral Yoga Retreat at Kalani Honu. The day was sunny, warm and all-

embracing, as if the angels were celebrating his arrival. The site of the retreat was next to the ocean, where the waves crashed upon the lava rock coast line. Nearby, an active volcano had been erupting intermittently for over four years.

The evening satsang was attended by all the retreatants and people from the neighboring community.

The next morning Sri Gurudev honored the retreat participants with another satsang. That evening, he attended the Merrie Monarch Festival, the biggest and most renowned gala hula competition in the islands. On this particular evening the ancient hula was represented by twenty men's and women's hula *halaus* (groups). The costumes were all hand made from fabric and island flowers and leaves. The dancers were accompanied by feathered gourd drums and chanting in the Hawaiian language. The Merrie Monarch Festival is special because it truly expresses the heart of the ancient Hawaiian culture.

After the Festival that evening we drove to where we could see the volcano erupting. We were able to get within two miles of the fiery, molten lava. Gurudev's past wish to see the volcano erupting was granted by Madame Pele, the Volcano

Goddess!

On the 26th of April, Sri Gurudev was treated to a helicopter ride and got to fly right over the eruption he had seen two nights before. From the air he could look right inside the sputtering, bubbling cinder cone.

That evening's public satsang was held at Hilo High School Auditorium. Shakti Harrison blessed us with her heartfelt singing and guitar playing. A sincere group of about 100 people attended, despite torrential, tropical rains and despite having to travel long distances.

Among the many enlightening things Gurudev said that evening were these remarks: "The way world peace is related to each of us is as each of the cells in the body are related to every being on the planet. Just as we should not ignore any cells in the body, we shouldn't ignore any beings. We are interdependent, not independent, of one another. We have a responsibility even to the ant and to the mosquito . . . We are all one. There is one spirit running through us all. As in a lei, we are all like little flowers — various colors, smells, hues, shapes. We're all bound together with one string that we call the Spirit . . . If you're really interested in world peace, then let it begin with you."

Being with Sri Gurudev reminded me that there is heaven on earth. From his stay in Hawaii I realized that one path to enlightenment is through laughter! Thank you, Gurudev, for adding so much richness to our lives.

—Kaveri Buritz

Hawaii: The Searchlight is Searching

Monday, 27 April. Sri Gurudev arrived on Maui amid a warm shower of healing rain and was given a lei greeting by a joyous group of devotees. After being driven to a beautiful home on Makena Beach, his residence during this stay on Maui, Gurudev rested until time for his evening talk at the Stouffer Wailea Beach Hotel Ballroom.

A group of nearly 250 turned out to hear Gurudev speak on the topic "World

Peace Begins with You" and to be in the presence of a master who embodies this principle so well. The program began with music by Maitreya and Maloah Stillwater, with the audience joining in singing songs of healing and remembrance.

Tuesday, 28 April. A small group of devotees was invited by Gurudev to join him for a potluck lunch at his residence. It was Alekanandi Morrow's birthday, and her idea of a birthday party was to give away gifts to all present! Everyone received one of her beautiful Hawaiian angel dolls and a piece of angel whale jewelry. After receiving a gift of a furry bear with bow and arrow, Gurudev told the story of the original Cupid from Indian mythology.

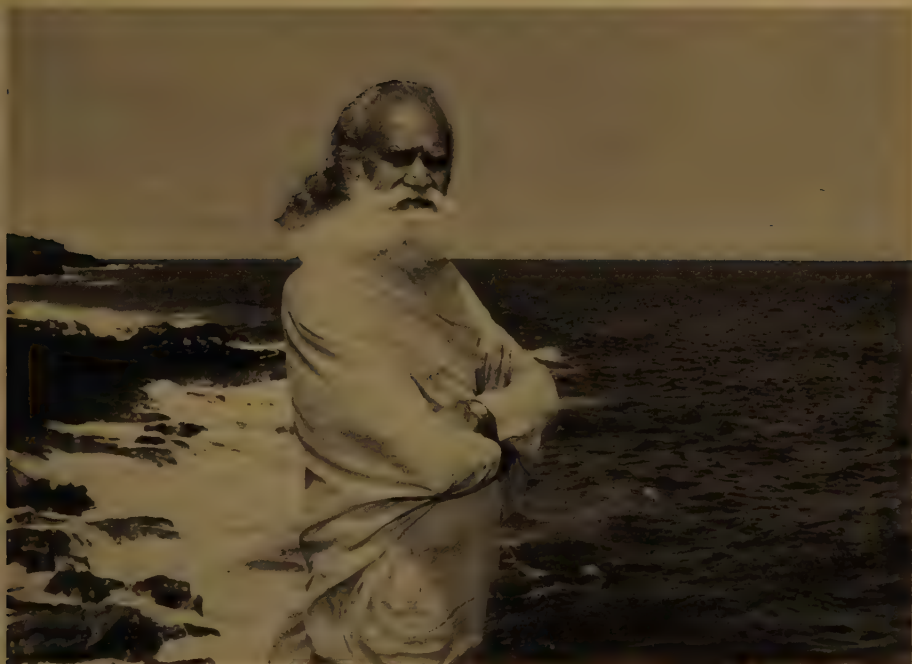
In the evening a benefit dinner to build Yogaville was held at the Ming Yuen Chinese Restaurant and was attended by forty people. Following the dinner, Gurudev spent time moving from table to table, adding his unique sense of humor and joy to everyone's experience.

At our table he remarked to the gathered group, "I receive so much more than you can know. My love, even if it touches thousands, is only coming from one person. When all those thousands give their love to me it's so much greater!" Someone commented that his candlepower is brighter, like a searchlight compared to a candle.

He said, "Ah, but the searchlight is searching for the candle. And even so, it is measured in candlepower. The candle is greater, for it is the measure."

There was music by Charlie Thweatt then Maloah and Maitreya led the group in beautiful singing and Gurudev commented on the love he felt present in everyone there, "You have stolen my heart away!"

Wednesday, 29 April. Maloah and I invited Gurudev to join us on the beach. Arriving where we were to meet him, we couldn't see them anywhere. Then, up above us, on a sand dune overlooking the beach, we saw Gurudev — standing with his orange robe billowing in the morning wind, looking like a figure out of the



Hawaii: The Master and the Ocean.

divine mythology. Maloah and I approached him from either side, climbing up the dune.

After settling on a shady spot near the water, I began feeling like I must make the best possible use of this special time together and ask a question with "deep meaning." So I asked, "Is there a deeper meaning to my mantram other than one I was told when I first received it?"

He replied, "You don't need to seek for a deeper meaning. If I tell you it means this or that, you will try to experience that, and if you don't, you may begin to doubt that you are doing it correctly. Just keep saying the mantram and you will be shown in your own experience what the meaning is. Whatever spiritual practice you do, if you do just that one thing with the mind, it will bring you the peace. Focus on only one thing at a time."

I realized how actively my intellect peruses the meaning of things, yet in the process often overlooks the beingness of the moment. Gurudev sat, watching the waves and then began to go for a beach walk. Together, Gurudev, Maloah and I

walked the length of Wailea Beach four times. Much of the time was in silence, until I just had to ask another "profound" question. "Gurudev, there is a saying, 'One moment spent with an enlightened master is equal to lifetimes spent in meditation.' Where is that from—a scripture or a saint?" Gurudev said he hadn't heard it before. I went on, "It feels so right to me; it's one of my favorite sayings."

"Well then," he responded, "why seek the source of it? Why not let it be? If you have the food before you, do you ask it where it comes from? Just eat and enjoy."

My intellect was dealt a second "depth charge" from his lips. There I was, in the presence of the Master, asking questions like the pundits who split hairs while the sages laughed. I marvelled that I could be so blind still and yet felt no judgment from him, only a constant, loving dedication to truth. I felt intense gratitude for the grace of his presence.

In the afternoon we went to visit the Lao Valley, a mystical green mountainous place shrouded in clouds, a place where the *Kahunas* (Hawaiian sages) gathered in

the past, and where all the ancient Hawaiian royalty were buried. On the way we drove by a sugar cane field that had been burned for cultivation. It seemed a fitting analogy—the cane is burned to be rid of the dirt and bugs and then pulverized to get at the sweet core. I felt like I was somewhere in the middle of the process—in touch with the sweetness, yet still burning off the bugs of egoism.

After a wonderful visit to the Valley, we went to a Thai Restaurant for dinner. As if preplanned, several of the people from the previous night's dinner were there having a special birthday celebration. We had a delightful time together, which concluded by the waitress offering a special blessed food to Gurudev from a Tibetan Rimpoche. He shared it with everyone.

One Hawaiian man came over from another table and, with much love, presented Gurudev with a beautifully painted shirt.

Thursday 30 April. We met Gurudev and Premanandaji to take them to the airport. We stepped into the oceanside garden for some last pictures before he left, and the camera jammed. Premanandaji whispered to me, "This often happens around Gurudev. People have camera problems, but he always seems to fix them." Sure enough, he solved it. I was reminded that one of the main illustrations at his Monday talk was of our minds being like the film, collecting images from the world, and then projecting them back out again.

We arrived at the airport with several other devotees traveling over to Honolulu together. Due to switching flights, some confusion developed around the schedule of flights. Gurudev watched it all, yet remained serene and untroubled. "A lotus leaf in the ocean of the world." Thank you, Lord, for showing us a living example of Your Peace, as embodied in Sri Swami Satchidananda.

—Maitreya Stillwater

San Francisco: Become Peaceful Beings

On the 2nd of May, Sri Gurudev spoke

to an audience of over 500 people at the Scottish Rite Auditorium in San Francisco. Speaking on the theme "World Peace Begins with You," Gurudev said that every part of our lives should be peaceful—the manner in which we earn a living, the toys our children play with and so on. He explained that if we dedicate ourselves with a pure heart we become peaceful beings; then we could not keep peace away even if we wanted to. After Sri Gurudev had imparted many other words of wisdom on the subject, the audience was treated to beautiful music by Nirmala Heriza, Buffy Stewart, and Radhika Miller.

At the end of the lecture a couple approached Gurudev and informed him that they had been married just that afternoon. He told them that their love should "always be just as strong as it is this day" and that if they ever had difficulties in their marriage they should think back upon their wedding day and remember the love they had for each other. As the bride offered him flowers, Gurudev became a little playful, turned his back to the crowd and threw the bouquet over his shoulder like the bride at a traditional wedding.

It was an inspiration and joy to have Gurudev's physical presence with us in San Francisco once again.

reported by

Rev. Rishi Schweig

Charlottesville: Prevention is Better

On 9 May, in Charlottesville, VA, Sri Gurudev participated as the keynote speaker in a seminar entitled "The Mind Body Connection: Stress, Attitude, Diet and Your Health," together with medical experts Sandra Amrita McLanahan, M.D., Dean Ornish, M.D., and Michael Lerner, Ph.D. Topics addressed during the seminar included: stress and the immune system, the effects of diet and attitude on cancer and heart disease, the benefits of established and complementary therapies, the relationship of lifestyle to physical and psychological health, and environmental factors that affect health.

Dr. McLanahan reported that, although Western medical tradition has persistently focused on the independence rather than on the inter-dependence of the body and mind, most medical schools are just now beginning to perceive the mind-body connection, looking beyond the traditional mechanical model of the body. This "new" point of view is reflected in the emerging fields of psychoneuroimmunology (the study of the relationship between thoughts and immune power) and psychoneurocardiology (the study of the mind-heart connection). Dr. McLanahan pointed out that medical experts are becoming increasingly aware that stress—along with diet, cigarettes, and alcohol—is the major factor underlying all disease, and in particular heart disease, cancer, and immune system deficiencies. However, she and the other panelists emphasized that stress itself, which is an inherent quality of life, does not cause disease; rather, it is the attitude toward, or reaction to, stressful situations that determines good or poor mental/physical health. They all agreed that the ability to have fun is one of the most important factors in preventing illness, whether physical or mental. For laughter is not only the best medicine, but it may also be the best preventative.

Quoting Voltaire, Dr. McLanahan summed up the spiritual malaise that manifests as physical and/or mental illness: "God is a comedian playing to an audience that has forgotten how to laugh."

The relationship between the spiritual perspective and good health was a theme taken up by Michael Lerner, who disclosed that modern science has now rediscovered those sets of techniques found in Yoga that help keep the immune system resilient by enabling us to reach our higher Selves, to become whole, to see beyond the separation of body/mind/spirit. As Dr. Lerner sees it, modern medicine has traditionally concerned itself with "curing" rather than "healing," with "intervention" rather than "prevention." However, according to Dr. Lerner,

we are now at a turning point. We can make a choice between accepting the established interventions of modern medicine or turning toward health care that integrates the time-proven, perennial philosophy of healing (which is rooted in the perennial philosophy of spiritual traditions such as Yoga) with the best of modern medical technology. Dr. Lerner emphasized that we do have a choice and that once we make that choice, hospitals will respond with a change in perspective and approach.

Dean Ornish has been instrumental in awakening the public to a more holistic approach to physical and mental well-being. Generally, Dr. Ornish's mission is to prove scientifically the benefits of the Integral Yoga teachings with respect to people suffering from heart disease. (Forty million Americans suffer from some type of cardiovascular disease.) More specifically, Dr. Ornish's current research extends and refines the study detailed in his best-seller, *Stress, Diet, and Your Heart*, where a group of patients scheduled to undergo by-pass surgery agreed to live a Yogic way of life for a period of one month under the supervision of Dr. Ornish and his staff. Sri Gurudev advised Dr. Ornish throughout the project. The group ate a vegetarian diet and practiced Hatha Yoga, including pranayama and deep relaxation and used other Yogic techniques. Results showed that all the subjects benefited dramatically from following these practices. However, Dr. Ornish maintains that, in addition to proper diet and physical exercise, we must "use the mind in a positive, healing way." As you think, so you become.

Change the Mind

Tying together the threads woven by Doctors McLanahan, Lerner, and Ornish, Sri Gurudev spoke about the capacity that mind has over matter, emphasizing that every cell, that each and every molecule is transformed continually by our thoughts. Sri Gurudev said that human beings are nothing but their



The Mind-Body Connection Seminar: An attentive audience was treated to talks by Michael Lerner, Ph.D., Sandra Amrita McLanahan, M.D., Sri Gurudev, and Dean Ornish, M.D.

minds and that mind has the power to change everything. Using the mind to bring back the ease that is lost in disease is a curative process. However, Sri Gurudev pointed out, better than cure is prevention. Moreover, we can prevent disease by keeping the mind tranquil, and we can keep the mind tranquil when we control it.

Gurudev also explained that all our diseases are caused by a lack of immunity and that the cause may be social, mental, or physical. Most people tend to blame the virus or bacteria associated with a particular disease. For example, the term "flu" derives from "influenza," connoting "influence." That is, we generally believe that we fall helplessly under its influence. In truth, by setting right our thought forms, we can develop immunity.

Together with the other panelists, Sri Gurudev advised that the most effective method of prevention—and the best remedy—is laughter. He stated that it is our birthright to be eternally young and happy, to take care of ourselves by pre-

serving energy (*prana*), to keep the mind balanced and free. Religion, Sri Gurudev remarked, asks us to "bind back" to our original nature; by finding the cause of disease you come back to your original nature, the state of ease, the equanimity that we call Yoga.

Sri Gurudev offered another preventive: moderation. Lead a simple, clean, happy life. Take the middle path. This is also Yoga. With respect to diet, Gurudev suggested that when the diet is changed, everything is changed, not only the body, but also the mind. He said, "Let our food be a product of love. How you get the food is even more important than what you get."

Gurudev also noted that one of the major causes of disease is "wanting," which causes constant anxiety and fear. He said that to experience serenity we should not look for things outside the mind. Things come and go. Let them go. Don't cling. Gurudev also stated that one of the major causes of stress is dependence on others to tell you who you are. He counseled playfully, "In the cosmic

machine, we are all nuts. Don't get up-tight or too loose. It's a wonderful mechanism that God has created."

Bringing his talk and the formal portion of the seminar to a close, Gurudev mentioned that the best remedy for disease is to close the eyes and to listen to the inner sound. Putting theory into practice, he led a short meditation, chanting OM and then asking the group to silently meditate on the inner sound of OM. He explained, "God is an experience, an experience of health and joy, supreme happiness, supreme bliss." During the meditation period, the atmosphere was blissful, peaceful and serene.

During the final portion of the seminar, addressing questions regarding various physical and mental health problems, Sri Gurudev concluded inspiringly, "Yogaville itself is a preventive approach to all these problems."

—*Kumari Margid*

New York: Packed with Prana

Even before Sri Gurudev had left town following his March programs in New York, the Integral Yoga Institute phones were busy with callers clamoring for a return visit. In May, they were well rewarded — with four public appearances on as many consecutive days.

On Wednesday, 13 May, at the Ethical Culture Society Auditorium, Gurudev spoke briefly at a beautiful, elevating event — a concert by Sri Karunamayee of the Aurobindo Ashram in New Delhi. She was in the Untied States on her first visit. Sri Karunamayee is a master of the sound vibration and uses her beautiful, rich voice — as Gurudev put it — to sing only to God. This was an ecumenical evening, opened by Tibetan horn and a Buddhist peace drum, with well-chosen words by Sri Gurudev, the Venerable Pir Vilayat Khan, Philip Rothman of the Brotherhood Synagogue, Kimberly Hollingsworth of Fellowship in Prayer, and Dhondup Namgyal Khorko, who also played the Tibetan horn.

The next evening Sri Gurudev journeyed uptown to the Synod House of the

Cathedral of Saint John the Divine to join Rabbi Joseph Gelberman in their 20th annual "The Swami and the Rabbi" program. This is always delightfully entertaining as well as informative, with both teachers lacing their talks with humor. On this evening, Rabbi Gelberman spoke of the meaning of Hassidism: To be a Hassid is to be compassionate, loving, patient and learned. Sri Gurudev picked up on this lead, pointing out that once we realize we are all the same, united in God's essence, in Spirit, all the Hassidic qualities will come. He also admonished those who might not believe in swamis or rabbis to believe in science, which teaches that we're *all* composed of atoms. We were then reminded that this entire galaxy of ours is a mere speck in the cosmos and that the arrogance of humans on this planet is foolish.

The evening wasn't over. Rabbi Gelberman announced a special treat; Rabbi Shlomo Carlbach was in the audience. Rabbi Carlbach immediately added music and spiritual dance to the festivities. Almost everyone joined hands in a spontaneous expression of oneness — the perfect climax to the evening.

The exquisite Christ Church (Methodist) at Park Avenue and 60th Street provided the setting for Friday night's talk, "How to Get the Best of Life without Letting Life Get the Best of You." The prospect of hearing Sri Gurudev deal with that topic drew an overflow crowd of more than 450 people. When the balcony was filled, latecomers sat on the floor. Gurudev went directly to the point: "It's easy to be pulled to the worldly side; to turn the other way is hard." His analogy was interesting: NASA only needs fuel to send a space capsule up to the edge of the gravitational field; after it reaches that point it floats. Our lives are not different, he explained. We should be masters, not slaves of our bodies and minds. The fuel needed for the human journey is pure energy. Everything we consume should be pure: food for the stomach, eyes, nose, ears. To make the point that every substance that comes into contact



The Swami and the Rabbi: Sri Gurudev and Rabbi Gelberman enjoyed the uplifting music of Rabbi Carlebach.

with the skin should be pure, he reminded us of the many modern medicines that are applied to and absorbed by the skin. But most important of all is the food for the mind, he said. He strongly urged us to become conscious, to feel "packed with prana." We can love life exactly as we want if we only learn to know ourselves, our motivations. "Call it yoga, or religion, or just thinking," he said, "but there's nothing wrong in the world and nothing good in it. You make it good or bad."

During the question and answer period, Gurudev was asked what he thinks of the popular practice of "Channeling." He answered that if good ideas come through, it's okay to use them, but the receiver should not assume that the voice from the "other world" is the person he or she thinks it is. In the spirit world, where traveling is done in astral bodies, there are no secrets; so one's deceased relative can be imitated by another entity. Again, if the advice is good, we can use

it. The danger that's involved is to the person doing the channeling. By allowing his or her mind to be handled by a spirit, the channeler or medium becomes weakened. Gurudev said that he had never heard any sage or saint recommend this practice.

As always there were many other engaging questions, and after the satsang Gurudev left the church saying, "New York inspires me!"

—Kalyani Neuman

New York: Hope in Crisis

On 16 May, Sri Gurudev gave a talk entitled "AIDS: Finding Hope in a Time of Crisis." For the past two years, the New York Integral Yoga Institute has offered seminars and Hatha Yoga classes for people concerned about AIDS. The 16 May talk provided an opportunity for many of the participants to see Gurudev for the first time. Over 100 people attended — many of whom had AIDS or

AIDS Related Complex.

Sri Gurudev gave a talk that was filled with wisdom, practical advice, humor and compassion. The repeated message was, "Never, never, never lose hope . . . It's never too late. The doctors say it's advanced, but we believe in a Super Doctor — the cosmic energy, the supreme authority — who gives us *prana* the vital energy. He can always rebuild . . . Healing is not done *by* somebody *to* someone else. Each person has to do his or her part, and God does His part."

Gurudev recommended that people examine their lifestyles and discontinue any behavior that weakens immunity. He recommended Hatha Yoga asanas and pranayama, clean diet, prayer and meditation, chanting, and faith-filled thinking as practices which will strengthen the immune system. Gurudev recommended that people take the AIDS antibody test if they have any doubt about the results. That way they will know for sure

what their health situation is and they can take positive action if necessary.

In his closing comments, Sri Gurudev said, "You can repair your body. You have that capacity. There are millions of people all thinking of you, praying for you. You are not alone in fighting this. But still you have to do your part. I really wish you faith and courage and hope. And don't forget to laugh."

A few days later a number of the participants met for the weekly seminar. People were extremely enthusiastic about the talk. "He gave me hope for the first time in a long time." "He made a vegetarian of me right then and there." "He was so free, so joyous." "I went home and cleaned up my apartment from top to bottom." "Now I know a lot about how to keep my system strong."

Sri Gurudev had brought hope to many people who were deeply in need of it.

—*Purusha Hendrickson*



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by Gita Wenzel

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Remembering

by Paulette Callen

I remember a story:
a pilgrim died
and went to heaven.
Resting in the bosom of the Lord,
he looked down
upon the footprints
of his life journey,
and he saw there were two sets of prints all along the way.
"I always knew You were there, at my side," he said,
but then he saw that part of the way there was only one set of prints
and he said, "Lord, Lord, where were you then?
That was my darkest hour, I remember,
when my burden was most heavy."
Remembering, the pilgrim shook his head in sorrow.
And the Lord said,
"Pilgrim, those are MY footprints.
I was carrying you."

And I remember an Irish blessing:
May the wind be ever at your back
and may the Lord hold you in the hollow of His hand.

And I remember many dark and windy hours
when I looked
but wherever I turned
I could not find the Lord.

And I remember my discovery of the teachings of a man from India
(it was like a sun rising on my dim horizon)
and I remember my first sight of him
(he was like an angel, full of light)
and now, when I relax
and lean back...
remembering...
I can feel the creases in the palm of His hand.

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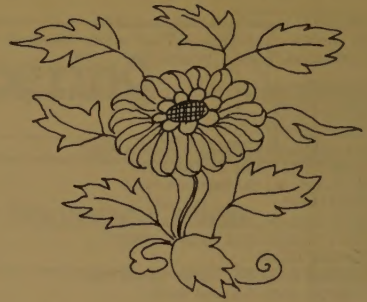
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"Never, never, never lose hope."

-Sri Gurudev

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-Sri Gurudev

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"Laugh! That is the best remedy."

-Sri Gurudev

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*"Just as a doctor has to operate in certain cases,
so God operates on us when necessary."*

-Sri Gurudev

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you will learn to love God."*

-Sri Gurudev

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to turn to God, all other things should make
u unhappy."

-Sri Gurudev

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-Sri Gurudev

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"Just keep saying the mantram and you will
be shown in your own experience what the
meaning is."

-Sri Gurudev

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"We are interdependent, not independent, of
one another. We have a responsibility even
to the ant and to the mosquito."

-Sri Gurudev

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Integral Yoga is a synthesis of the various branches of Yoga. It is a scientific system for the harmonious development of every aspect of the individual. The following are some of its different branches.

Raja Yoga The path of concentration and meditation. Based on ethical perfection and control of the mind, it leads ultimately to the state of *Samadhi* or Super-consciousness.

Japa Yoga The concentrated repetition of a *mantram* (a sound vibration representing an aspect of the Divine), leading to awareness of this vibration and attunement to IT.

Hatha Yoga Postures (*asanas*), breath control (*pranayama*), relaxation, and cleansing practices (*kriyas*) to purify and strengthen the body and mind.

Karma Yoga The path of selfless service. By performing duties without attachment to the fruits of the action, the Karma Yogi becomes a conscious instrument of the Divine Will.

Bhakti Yoga The path of love and devotion to God, to an incarnation of the Divine or to a spiritual teacher. By transcending the limited personality, one attains union with the Divine.

Jnana Yoga The path of wisdom. By study, self-analysis and awareness, the Jnana Yogi ceases to identify with the body and mind, and realizes the Oneness.

The goal of Integral Yoga is: "A body of perfect health and strength, mind with all clarity and control, intellect as sharp as a razor, will of steel, heart full of love and mercy, a life dedicated to the common welfare, and realization of the true Self."

Swami Satguru Devananda
E.I.